

St. Benedict the Moor Catholic Church

Volume 1, Issue 1

January 2008

Upcoming Events:

January

21st 11 a.m. Rosary/Prayer Mtg
22nd 6 p.m. Dancercise
26th 11 a.m. Diabetic Support Grp
26th 9:30 a.m. Men's Group Mtg
**26th & 27th Blood Pressure Checks
after Mass**

February

2nd 9 a.m. Leisure Club Breakfast &
Rosary
2nd 9 p.m. – 1 a.m. Mardi Gras Dance
4th 11 a.m. Rosary/Prayer Mtg
5th 6 p.m. Dancercise
**6th Ash Wednesday Mass at school
8:30 AM and church 6:30 PM**
9th 9:30 a.m. Parish Council
11th 11 a.m. Rosary/Prayer Mtg
12th 6 p.m. Dancercise
16th 9:30 a.m. Women's Retreat
18th 11 a.m. Rosary/Prayer Mtg
19th 6 p.m. Dancercise
23rd 11 a.m. Diabetic Support Grp
23rd 9:30 a.m. Men's Group Mtg
**23rd & 24th Blood Pressure Checks
after Mass**
**24th Diversity Mass in celebration of
Black History Month**
25th 11 a.m. Rosary/Prayer Mtg
26th 6 p.m. Dancercise

March

1st 9 a.m. Leisure Club: Breakfast &
Rosary
3rd 11 a.m. Rosary/Prayer Mtg
4th 6 p.m. Dancercise
8th 9:30 a.m. Parish Council
**9th Lent Reconciliation for Region (1)
St. Benedict, St. Mary's, Holy Family
and Holy Trinity—at Holy Trinity 6:30
p.m.**
10th 11 a.m. Rosary/Prayer Mtg
11th 6 p.m. Dancercise
17th 11 a.m. Rosary/Prayer Mtg & Wor-
ship Commission Meeting at 6:30 p.m.
18th 6 p.m. Dancercise
20th 7 p.m. Holy Thursday Mass
**21st 3 p.m. Good Friday Stations; 7
p.m. Passion Service**
22nd 11 a.m. Diabetic Support Grp; **Holy
Saturday Mass 7:30 p.m.**
**22nd & 23rd Blood Pressure Checks
after Mass**
24th 11 a.m. Rosary/Prayer Mtg
25th 6 p.m. Dancercise
28th 6:30 p.m. Social Action Mtg
29th 9:30 a.m. Men's Group Mtg
31st 11 a.m. Rosary/Prayer Mtg
****Bible classes every Wednesday**
****Station of Cross every Friday 6p.m
beginning Feb**

Parish Council Update!



This past year has been one with its challenges and accomplishments! We are pleased with the work and dedication of Mr. A.J. Davis. He and the choir are working well together and we hope this will be a long lasting relationship in providing the music ministry at St. Benedict.

We are pleased that many parishioners have come forward to volunteer with the Bereavement Ministry by serving on one of the Bereavement sub-committees. The nominations that were submitted this

past summer was very successful. The Bereavement Committee and the sub committees have been restructured and trainings on the various functions of the committee have been conducted. From time to time there will be other training for the entire group. Thank you to all who help to perform this important ministry.

The Catholic Urban Planning process is continuing. The parish councils of the three parishes in Region One (St. Mary, Holy Family & St. Benedict) will meet in January 08 to begin

specific dialogue about our eventual 'merger', when we will be served by one priest. We will probably begin to have shared Masses and other collaborative events in the future. More information will be shared as this process continues.

Remember to include St. Benedict in your New Years Resolutions! A small increase in your financial contribution will go a long way in helping us meet our monthly financial obligations and the work of parish ministries.

We want to take this opportunity to say "Thank You" to each member of the Parish Council for all the time and effort they put into their roles on behalf of the St. Benedict church family.

By Emmett C. Orr



Youth Corner ... Teen Eating Habits & Body Image

Many teens really don't discuss health at all. Many of them,



whether boy or girl, are obsessed with their weight or how well built they are. Girls

think you have to be a size zero in order to be accepted or considered pretty. Guys, on the other hand, believe if you are not "ripped" with muscles then you're not strong or tough enough. Also, another thing teenagers don't realize is that by not eating at all or by eating junk food, you can still gain weight. How is this so? Well, when you don't eat, you are actually starving yourself and your

body hangs on to the fat cells. Then you eat junk food after not eating all day, the empty calories of junk food help you gain weight.

Teens are programming their bodies and eating habits in the wrong routine. These bad habits are causing teens to be unhealthy. This is a big problem because during the teenage years going through puberty is when the body needs proper nutrition in order to mature properly. Teenagers also don't realize that what they eat or don't eat now will affect the rest of their lives.

So Eat Healthy!

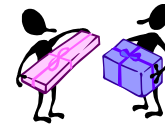
By Etinosa O'Basuyi

On Giving to St. Vincent de Paul's Second Collection

The voice on the message recorder was very soft, but pleading.

"Please help. I'm taking care of my seven grandchildren. I need sheets and blankets and trousers for the boys."

My message to you is this: When you give to the St. Vincent de Paul second collection, you are enabling us not only to respond to this sad plea, but also to give hope to this grandmother. We can make a difference for them.



By Sr. Virginia Lacy

Something You Should Know....

I have been using the Bulletin as a way of informing you about things happening in the Parish. Today it is my pleasure to use the forum of the *Parish Newsletter* to share this important message.

In July 2007 the finance council met to review the budget, income and expenses of the parish. The parish runs into a deficit of \$64,974.00 the just ended fiscal year. Most of this amount went

into paying out debt. The budget is created upon the average collection of \$5,000 per week, but most of the year we have been collecting \$2,000 to \$3,000 a week. In the 2007/2008 budget, we forecasted a deficit of over \$22,000, and this does not include paying our debt. It also means that we will try to collect an average of \$5,000 a week. The committee found out that we have been operating on the same

budget amount since 1998, despite the inflation rate being up at about 3% every year. They also observed that in the past the school has been absorbing some of our utility bill therefore making it easy on us in the past.

This year 2006/2007 our utility bills cost us a total of \$55,760.49 and we have to bear it all. The Archdiocese's Assessment cost us not less than \$22,000 to \$30,000 in the year.

"Continued on Page 3"

Greeting the New Year

"To every thing there is a season, and a time to every purpose under the heaven." Eccl 3:1

The quote above is so appropriate in this time of change. We close the door to the year 2007 and we open a new door to year 2008. With this

transition comes a transformation of our newsletter. We are no longer the *Health Care Ministry Newsletter*. We have become the *St. Benedict the Moor Parish Newsletter*. We embrace this change because the health of our parish depends on good communication. It is a way to

reflect how all of us, parishioners, the religious and organizations, are integral parts of the cherished whole that we call parish life. We salute our parish health in all its facets. As we stand on the threshold of our new year we say, "Welcome!"

By Mary Johnson

A Family's Sacred Holiday Tradition



In late October the call comes. It's the call that I have been waiting for. A date is set in November to gather and prepare the mincemeat. This is the recipe handed down through the generations and made ready for the upcoming Holiday Season. My brother makes a trip to a butcher shop in Waynesville for the beef. My sister-in-law gathers the other ingredients – apples, raisins, currants, spices, apple cider, etc.

By the time we start to arrive at 8:00 a.m. on the designated Saturday, my brother has had the meat simmering in an

enormous pot. Nieces have come from Cleveland and Columbus and other brothers and sisters from around the city. We have our coffee and pastries before starting the task – share hugs – catch up on family happenings – then it is time to begin. Peelers at the ready – mounds of apples before us that need to be washed, peeled, cut and diced, meat to grind, the spices and other contents need to be measured and added to the pot.

The aroma that fills the kitchen is wonderful but not as great as the sharing that happens as we share new events and retell old stories. this task.

Hours are spent stirring the mixture in Ralph's enormous pot. Each takes a turn at this task.

When the decision is made the cooking is complete we divide the delicacy and carry it home to share with others who were unable to come.

By Joan Kline



Something You Should Know.....cont.

When you take away these chunks of money we are left with a little amount of money to do a lot of things like: Insurance's, Office and Administration, maintenance, church supplies, Liturgy, and the list go on. I take this opportunity to encourage all of you to continue to be generous in giving and if possible can make it a point to increase your giving by 10%, over and above what you normally give, that will help a lot.

At the beginning of the year 2007, I made an appeal to all of you for each one of you to pledge or pay \$2,000 in an effort to retire our debt. This campaign yielded an amount of \$71,890.00 in pledges and the amount paid was \$56,665.00; this means we are left with \$14,320 in pledges yet to be paid. This is encouraging, but what is discouraging is that out of the four hundred plus Registered Parishioners and about 300 people on average who attend mass each weekend, only

60 people and organizations contributed or pledged. Very soon, we hope to introduce another campaign. I am using this as a way to inform those who want to participate or contribute that I am eagerly waiting for them. There is no harm to contribute to this campaign, "Operation Retire Debt" even if you did so in the past. We are left with about \$180,000 on our construction loan and 40,000 on the High School Equalization debt. If all of us that attend church and all that are registered in the parish will contribute and participate in the campaign, I believe we can retire our debt by the end of this fiscal year before it starts accruing an interest of 7% each year. If you remember this time last year, we started with a debt, between the school and the parish, of \$524,371.61. Thanks be to God, between the school endearment fund, mortgage and donations, we have been able to retire our total debt to \$220,000.

The total income for the year 2006/2007 was \$333,839.53; \$225,670.09 was from the offerings and \$76,213.72 was from the mortgage contributions. Our expenses were \$398,812.92, out of this amount, \$91,118.19 went to retire our debt or to pay insurance on the building, and \$55,760.49 towards the utility and \$21,166.37 went towards assessments. This is to give you an idea of how funds were distributed in the past year. Thanks for all your contributions, time and talents in building up our parish community. May God Bless you with more and touch your hearts to give more to his service this year.

By Father Francis

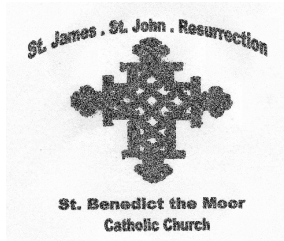


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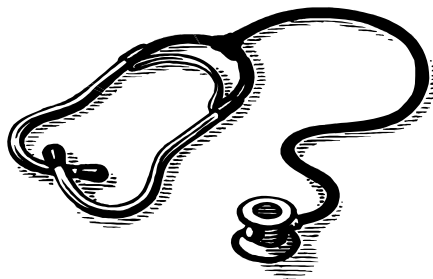
Letters or questions to the editor—268-7448



St. Benedict the Moor parish is a community of FAITH, GRACE, and SERVICE, within the Roman Catholic Church and is part of the Archdiocese of Cincinnati actively building a Catholic presence in the Southwest section of Dayton, Ohio. The unique charisma of parishioners of St. James, Resurrection, St. John the Baptist, the Sisters of Notre Dame de Namur, Sisters of the Precious Blood, The Holy Ghost Fathers and Brothers, and African-American culture have created this community of hospitality witnessing to the redeeming gospel of Jesus Christ.

We acknowledge our dependence on and our indebtedness to God for the redemptive grace in the death and resurrection of Christ. We spread our faith through action by sharing our God given gifts of caring, teaching, and serving in every aspect of our lives.

Monthly Blood Pressures, Hypertension & You



How many times have you been admonished to know your numbers? Each month on the fourth weekend, the Health Care Ministry provides our parish with the opportunity of knowing its blood pressure numbers. An average of 25 individuals per weekend takes advantage of this opportunity. Since the first of 2007, there have been approximately four diagnoses made in regards to elevated readings.

If you are wondering how knowing your blood pressure numbers help, here is the skinny on that issue. Regular blood pressure monitoring keeps you familiar with the range. The range for normal blood pressure should be 120-139/80-89. If you

are diabetic the range should be 120-135/80-85. If you frequently read articles concerning blood pressure norms, you will notice that the levels for normal readings get lower and lower. The reason you see this trend is because of the constant research that is continually ongoing. As information is gleaned from this resource the medical practice is remodeled to reflect the latest facts.

We receive so much information about blood pressure and diabetes that sometimes we tend to ignore our abnormal numbers. We understand what causes hypertension, the symptoms of hypertension, and how it is treated. Some people believe that if they just rest, their blood pressure will return to normal. Sometimes rest will help and sometimes it won't. The best way to know if rest helps is to monitor it. Report all abnormal readings to your doctor. Take your prescribed medication. If the numbers remain elevated, ask your doctor to further treat your

condition of hypertension. The consequences of not treating elevated blood pressure are loss of kidney function, congestive heart failure, or enlarged heart.

The recipe for controlling your blood pressure is to exercise and share your readings with your doctor. After treatment, if your blood pressure remains elevated, your doctor may decide to increase the dose of your medication. She may add an extra medication or change your medication to a different one. Four parishioners of our church family are glad that they addressed their blood pressure elevations. Do yourself this favor for the New Year and keep track of yours.

By Mary Johnson

